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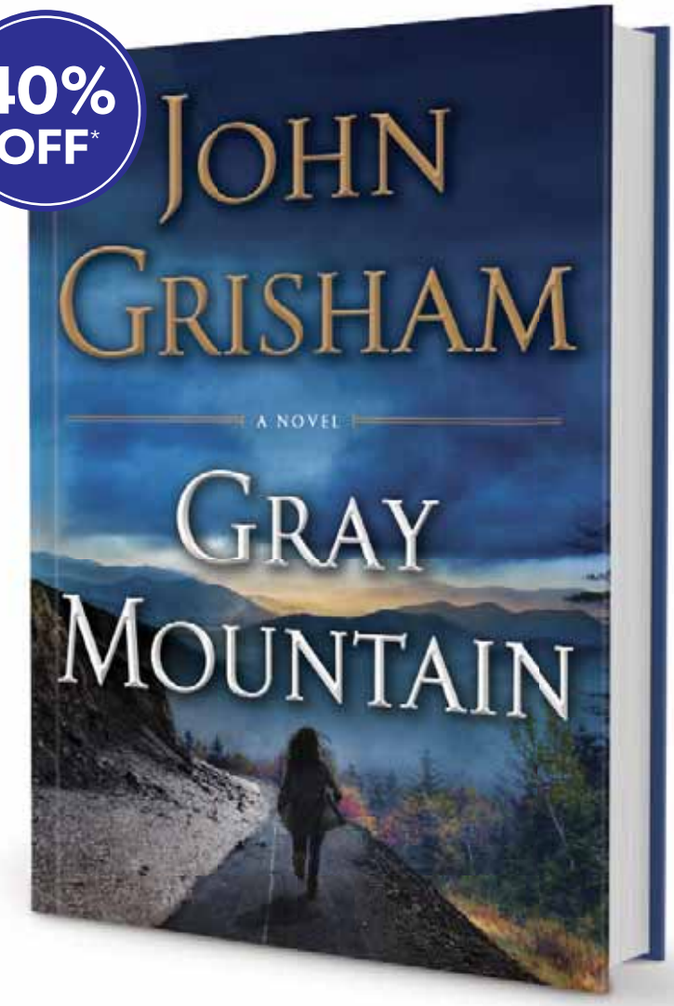

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WILL LONG REST RATTLE CONTENDERS?

EXTENDED LAYOFFS MAY TRANSLATE INTO RUST FOR ROYALS AND GIANTS IN WORLD SERIES

PAGE 27

Music man settling in at city hall

Newly appointed officer tasked with raising the profile of Toronto's thriving music scene PAGE 8

Zoe Saldana finds her voice for latest gig

Actress belts out some tunes for the animated adventure The Book of Life PAGE 17

MPP wants MD cautions published

Proposal by PC member Steve Clark aims to improve transparency PAGE 3

NEWS WORTH SHARING.

ALL IN THE FOAM-ILY

Students from the University of St Andrews indulge in the tradition of covering themselves with foam to honour the "academic family" on Monday in St Andrews, Scotland. Every November the "raisin weekend," held in the university's Lower College Lawn, is celebrated and a gift of raisins (now foam) is traditionally given by first-year students to their elders as a thank-you for their guidance, and in exchange they receive a receipt in Latin. JEFF J. MITCHELL/GETTY IMAGES

Details could derail Tory's transit plan

Your Ride: Day 6.
Money and underground tunnelling pose problems for candidate's SmartTrack strategy

EDWARD KEENAN
torontoletters@metronews.ca

Are you willing to pay $2.5 billion — or more — for a subway, Mississauga? With bills coming due in 10 years that might require big tax increases? That prospect is at the heart of the potential problems with John Tory's SmartTrack plan.

Tory's centrepiece transit platform proposes many interesting things that the province has already promised to deliver in its GO electrification plan. He adds welcome details (as I discussed yesterday), but much of it will happen in some form whether he's elected or not.

The two biggest innovations Tory has added are exactly where the biggest problems lie.

The main difference from the provincial plan is a stretch of new track that boldly goes where no mass transit has gone before: to Mississauga's Airport Corporate Centre.

This new part of Tory's map was presented as an above-ground corridor, like the rest. But it can't be built like that. The stretch of Eglinton Avenue he wants to use has houses and condos on it. That means some or all of it will need to be tunnelled underground, which is very difficult and expensive.

Tory has acknowledged he doesn't know exactly how much of it will need to be in a tunnel, so it's impossible for us to know if this part can be built at all, or at what cost.

Tory's other big new promise is that the city will chip in $2.5 billion to pay for all of it. This is a big chunk of change: more than 2-1/2 times as much as our share of the Scarborough subway.

Tory promises he won't raise property taxes because the whole thing will be 100 per cent self-financed through his Tax Increment Financing scheme. That plan hasn't stood up to scrutiny from many of the experts and media who've studied it, which means Torontonians could be scrambling to pay a big bill down the road, when the loans come due.

It's possible that further study could solve these problems (and others) and justify the expense. But Tory's answer to criticisms isn't reassuring.

"This is going to happen because it's bold," he flatly told the editorial board of the Toronto Star late last week. He refuses to even consider that he needs a Plan B if his financing plan falls short.

The big idea behind SmartTrack is quite simple, and very good. The details are complicated and messy. I'd be more confident Tory could handle those complications if he wasn't so steadfast in denying they exist.

More inside

More mayoral election coverage on pages 4, 6 & 8.

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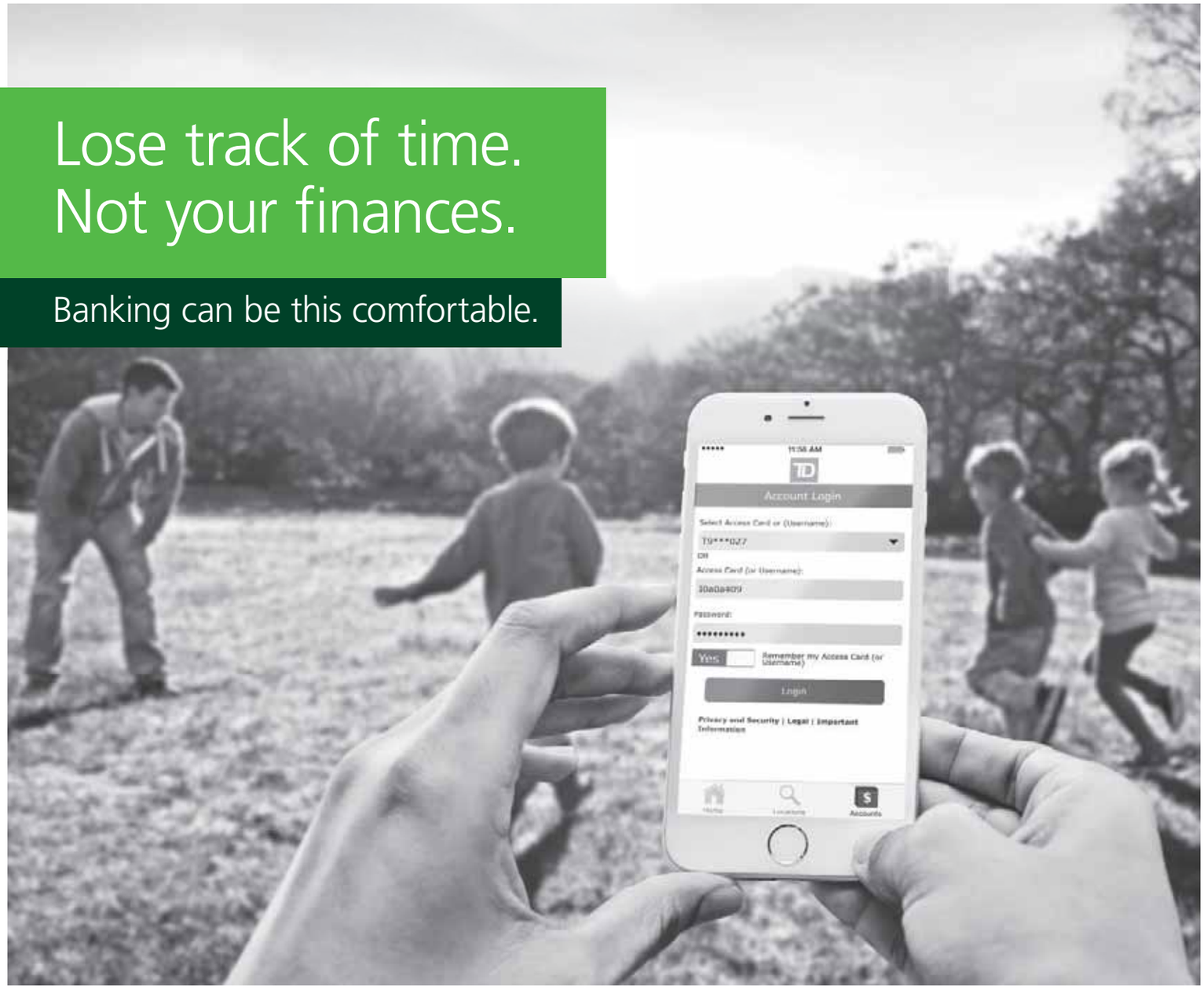

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Summer 2015. 5,000 students being recruited for Pan Am security

Ontario Provincial Police say more than 5,000 college youth enrolled in police and justice programs are being recruited to provide security for the 2015 Toronto Pan Am Games.

The OPP says it is working in partnership with Contemporary Security Canada, a company that also provided security for the 2010 Winter Olympics in Vancouver, to hire the personnel for the Games that open on July 10.

The provincial police — which is the lead agency in charge of security for the Games — says students in police foundations and security management programs can apply for the jobs, which include guards, screeners and venue supervisors.

Contemporary Security Canada says anyone with a high school diploma and an Ontario Security Licence can apply, and promises to provide those who qualify with "exceptional training and competitive compensation."

The company held a campus recruitment session in Ottawa last month and opened a temporary centre in Kitchener on Monday, with more centres expected to open in Niagara Falls and London over the next few weeks.

About 6,000 athletes from 41 countries are expected to participate at the Games, which are being held at venues across southern Ontario.

THE CANADIAN PRESS

On the web

For more local news, go to metronews.ca

Minnie Mouse in town for fashion event

Disney Fashion ambassadors Samantha and Caillianne Beckerman welcomed Minnie Mouse to Toronto Monday, upon her arrival for Disney's first-ever participation in World MasterCard Fashion Week. They are pictured shopping on Bloor Street. Disney is celebrating "Minnie Style" at fashion week. Fans can follow their adventures through the hashtag #MinnieSpotted. CONTRIBUTED

Identify cautioned doctors, Tory MPP urges

Discipline. Steve Clark's proposal would require MDs' college to post information on website

Quoted

"People have lost loved ones and they feel totally defeated by a lack of openness and transparency at the College." Conservative MPP Steve Clark

Formal cautions issued by the province's medical watchdog should be made public, so that patients can make informed decisions when choosing their doctor, says Progressive Conservative MPP Steve Clark.

The opposition member tabled a private members' bill at Queen's Park on Monday that would require the College of Physicians and Surgeons of Ontario to post on its website the cautions, which are issued every year to doctors for inappropriate behaviour or treatment mistakes.

Currently, the college keeps the cautions secret and posts information about only the small proportion of complaints that are deemed serious enough to go to a disciplinary hearing, which can lead to findings of misconduct or incompetence. But the complaints themselves and cautions issued to doctors for less serious transgressions are kept secret.

"(The bill is) all about increasing transparency and accountability in our health-care system and putting out there some ideas that I've heard from people across Ontario," Clark said shortly after his bill received first reading in the legislature Monday afternoon. "You'd have a situation where it's far more open and I think it really is what patients want."

Clark's bill would also require the college to post any complaints made against doctors, lawsuits brought against them, patient deaths and information about any time spent practising medicine in another province or country.

Last year, Torstar News Service revealed that the province's 21 health regulatory colleges issued 2,205 oral and written cautions to health-care workers between 2007 and 2011. These colleges oversee approximately 267,000 health-care professionals in Ontario, including psychologists, massage therapists, optometrists, midwives and physiotherapists.

"You have to strike the right balance between the (college's) self-regulation, but also the rights of patients and families to have full disclosure about their doctor's history," Clark said. "More and more people feel that it should be the college's responsibility to make sure that information about their members is made public ... Many people in Ontario would be surprised that it isn't done right now."

Two years ago, the CPSO launched a transparency review and is already considering making cautions public. The college is currently asking for comment on several proposals, including posting whether doctors have criminal records or bail conditions that affect their practice.

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Doug definitely not Rob: Doug

'Totally different'. Long the mayor's most vocal defender, Doug Ford has become noticeably cooler in recent weeks

Trying to attack John Tory, Doug Ford repeated a version of the same line on Wednesday and Thursday. Voters, he said, should be "very" wary of any politician who doesn't give straight answers to questions.

It seemed like a goof: His brother, Mayor Rob Ford, famously ignored many questions and lied in response to many others. But when Doug Ford was asked Thursday if his words can be taken to mean that voters should be very wary of Rob, he responded with none of his familiar brother-backing bombast. "Rob Ford right now is not running for mayor," he said calmly. "Like I've said many times, I love my brother more than anything, but Rob Ford is not Doug Ford. Doug Ford is running for mayor. I'm going to make sure that I don't avoid the questions. I've been very clear with each and every one of you, giving you all my schedule."

Doug Ford became a last-minute mayoral candidate with his brother's blessing. In his first speech as a candidate, he positioned himself as the torch-carrying inheritor of his cancer-stricken brother's legacy.

He has indeed adopted most of Rob Ford's policy platform. He is using his brother's campaign signs, campaign offices, campaign aides. And he is casually claiming the accomplishments of Rob Ford's administration as his own — even boasting that he is the only leading candidate with experience "running" a government.

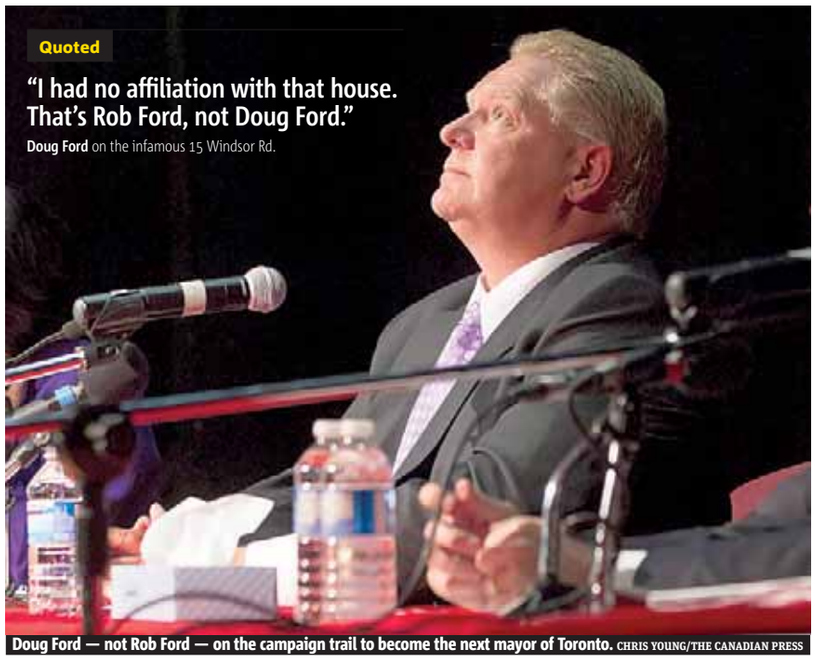
He has simultaneously distanced himself. As he attempts to broaden his support beyond his brother's traditional base, which seems too small to produce a victory in the three-candidate race, his campaign appears to have made a conscious decision to try to separate the two men with the same last name.

"Doug is not his brother," Doug Ford's spokesman Jeff Silverstein, formerly Rob Ford's spokesman, said when asked Saturday about anti-Ford strategic voting.

"They are two totally different people," their mother, Diane Ford, said on Friday.

It is a tough sell, said pollster and conservative strategist Dimitri Pantazopoulos, given that Doug Ford was the "chief enabler" of Rob Ford's behaviour. "It's a strategy that makes absolutely no sense," said Pantazopoulos. "I wouldn't view it as Doug necessarily trying to take credit for the good while distancing himself from the bad ... He can't decide whether to distance himself or take credit, and therefore he's kind of doing both."

TORSTAR NEWS SERVICE



Quoted

"I had no affiliation with that house. That's Rob Ford, not Doug Ford."

Doug Ford on the infamous 15 Windsor Rd.

Doug Ford — not Rob Ford — on the campaign trail to become the next mayor of Toronto. CHRIS YOUNG/THE CANADIAN PRESS

The Big Apple in the Big Smoke

The intersection of Ossington and Argyle was transformed into New York City's Greenwich Village Monday for the filming of Beauty and The Beast, which stars Canadian actress Kristin Kreuk. . Everything from NYC-style police cars, taxis, parking meters and newspaper boxes were added to the area for the one-day shoot. TORSTAR NEWS SERVICE

Bicycles in bus racks 'locked out' because of safety: TTC

If you're a cyclist who relies on an articulated TTC bus as part of your commute, you'll have to get by without the bike rack until the transit agency figures out a solution to a recently discovered safety issue.

Bicycles plunked on the racks of certain buses can impair a driver's view of the road, and the Ministry of Labour has ordered the racks not be used. The 100 bendy buses that have been ferrying Torontonians around since December were the source of the original complaint, and present the bigger challenge — those racks are "locked out" for now until the TTC can find an engineering solution, said TTC spokesman Brad Ross. With the Orion VII bus, which makes up the majority of the TTC bus fleet (1600 of 1800 buses), the issue is accessory-based; racks can still be used, he explained, but drivers may ask cyclists to remove certain items, like baby seats, which can interfere with their view.

The articulated bus fleet made its debut last December. For now, streetcar rules apply on those buses — if there's space, you can bring the bike on board.

"The big concern we always have when there is a change like that, that the public understand and sympathize with the driver," says Bob Kinnear, the president of the Amalgamated Transit Union.

Bike racks were introduced on TTC buses in 2005 as a pilot project. TORSTAR NEWS SERVICE

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Waterfront Toronto needs $1B for flood plan

The DVP, looking north from Dundas, was closed due to flooding of the Don River after heavy rain in May 2013. BERNARD WEIL/TORSTAR NEWS SERVICE

Don River. CEO says talks ongoing between 3 levels of government

Building a flooding protection zone near the lower Don River is a top priority for Waterfront Toronto as it seeks nearly $1 billion in government funding for the project.

The agency, which is overseeing redevelopment efforts on the lakefront, says flood protection at the mouth of the river is critical to any development projects in the Port Lands, and would benefit the low-lying neighbourhoods of Leslieville and South Riverdale.

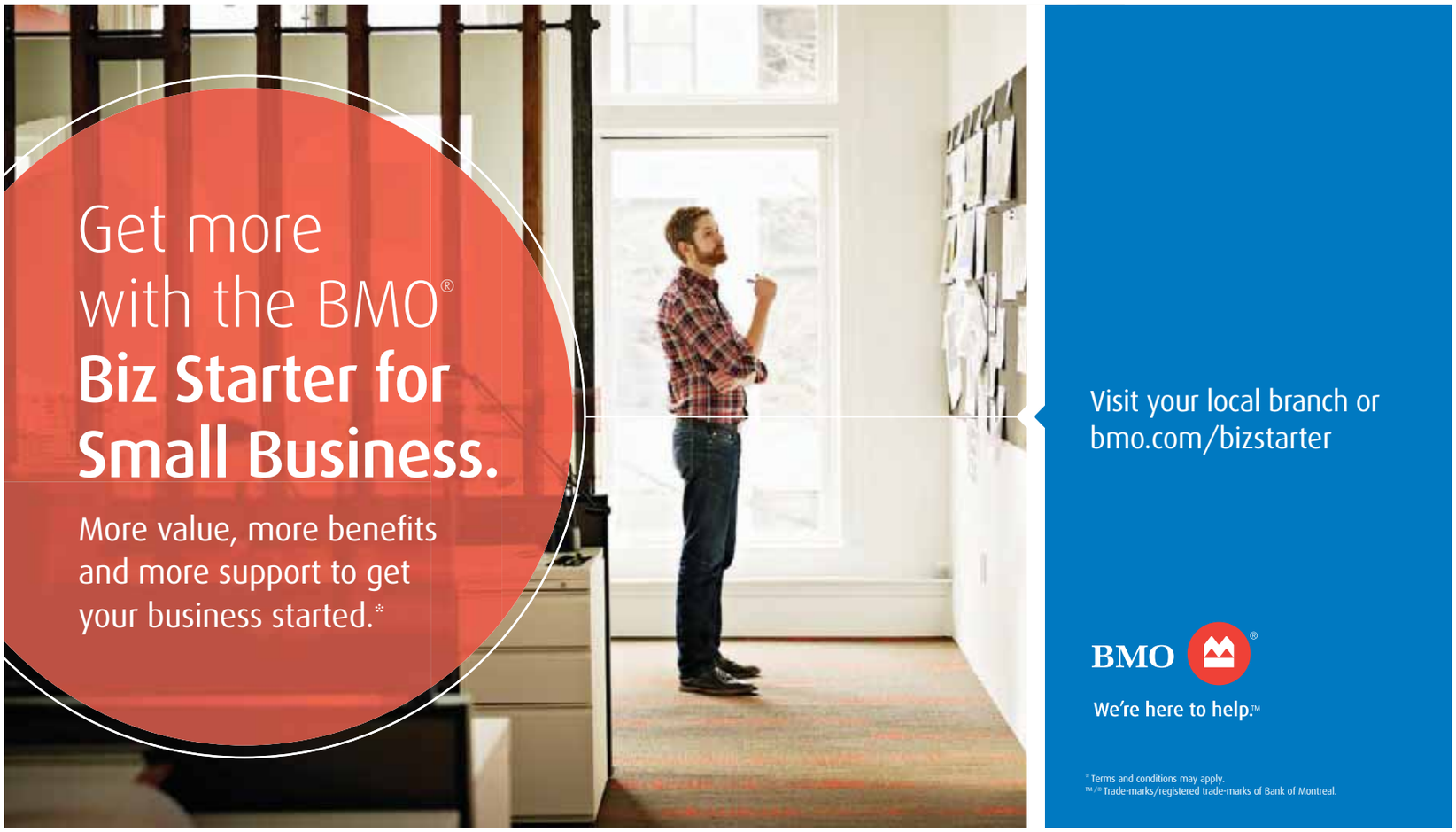
"Every dollar invested in flood protection saves the government $5," said Waterfront Toronto CEO John Campbell during a speech at the Toronto Region Board of Trade on Monday.

Campbell cited last year's devastating floods in Calgary as well as recent Toronto storms that should prompt governments to heed warning calls.

Discussions are taking place with all three levels of governments for each to contribute one-third of the cost, he said. City staff are supportive, Campbell said, adding that some of the city's funding would likely come from development charges resulting from new projects in the area.

However, without the flood protection work, development in the Port Lands zone, south of Lake Shore Boulevard, cannot begin. Similarly, a planned development proposal at the old Unilever site near the Don Roadway is also contingent on flood zone work.

A provincial environment assessment has been completed, with a final decision expected later this year. TORSTAR NEWS SERVICE



MaRS bailout secrecy similar to gas plants scandal?

The $309-million rescue of the mostly vacant MaRS office tower is shaping up like the gas plants scandal, with the Liberal government refusing to release documents, Progressive Conservatives said Monday.

Premier Kathleen Wynne came under fire as the legislature returned for its fall session with opposition parties pressing for the government's $65-million bailout of U.S.-based developer Alexandria Real Estate and a $224-million loan to MaRS from Infrastructure Ontario made after a hasty rule change four years ago. Interest on that loan is costing taxpayers $450,000 a month.

"You obviously haven't learned anything from ORNGE, eHealth or gas plants," said interim Progressive Conservative Leader Jim Wilson, referring to previous Liberal government scandals about the provincial air ambulance service and electronic health records agency.

"You're continuing your propensity as Liberals to just throw more money after bad … you owe the taxpayers an explanation," he added in the first question period since the summer recess in late July.

Wynne said those documents are commercially sensitive and releasing them now would cause problems — echoing the McGuinty administration's line when opposition parties sought details about cancelled gas plants in Oakville and Mississauga before the 2011 election as compensation agreements were negotiated and costs snowballed.

"We're not going to undermine an arrangement that would be in the best interest of the people of Ontario by providing information publicly that needs to be confidential for a period of time," Wynne told the legislature. TORSTAR NEWS SERVICE

The MaRS building at College and University. VINCE TALOTTA/TORSTAR NEWS SERVICE

Wage hike won't kill jobs: Report

Increasing the minimum wage does not result in higher rates of unemployment, according to a study released Tuesday by the Canadian Centre for Policy Alternatives.

The study was conducted by Jordan Brennan and Jim Stanford, economists for Unifor, the largest public sector union in Canada. It examines the relationship between increases in the minimum wage and employment across Canada between 1983 and 2012.

"The conclusion is very strong. There is no consistent evidence either way that the minimum wage has any impact on employment at all, positive or negative," Stanford said in an interview.

The report urges Canadian policy-makers to boost the minimum wage in a gradual and ongoing way.

The findings contradict reports by the Canadian Federation of Independent Business and other business groups suggesting that an increase in the minimum wage will result in lost jobs.

"The wage is relevant, but it's of a second order of magnitude compared to the crucial question for any business, namely, is there a market for what I want to produce and sell?" Stanford said.

"If there is, you'll probably hire people even if the minimum wage is higher."

In general, higher wages can help support stronger consumer spending, Stanford said.

"If people have money in their pocket, they're more likely to eat in a restaurant. That's the piece of the puzzle that is often ignored in the more simplistic discussions about the effect of minimum wage on employment."

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HBC HUDSON'S BAY COMPANY

Olivia Chow and Coun. Janet Davis discuss Chow's proposal to get tougher on bad landlords. DANIEL DALE/TORSTAR NEWS SERVICE

Chow wants ratings on apartments

Like DineSafe system.

It's too hard for renters to get info on buildings, mayoral candidate argues

Olivia Chow says she would create an easily understandable grading system for apartment buildings, similar to the DineSafe system used for restaurants.

"You can go into a restaurant and see a red or a green sign and you know that restaurant is safe. Right now we do not have such a system for these buildings," Chow said Monday outside an apartment building in East York. "What we should have is good transparency, so people know whether their buildings are full of deficiencies, or in good repair."

The mayoral candidate said she would introduce a smartphone application that would allow tenants to search, quickly, for information about a particular building.

She called the current system "very, very opaque": The information is available, but only through a complicated page on the city website.

Chow made the proposal while discussing a package of policies aimed at improving privately owned rental housing. She appeared with local Coun. Janet Davis, who she said "knows everything" about rental issues.

Chow also pledged to increase the frequency of building inspections, take landlords to court if they refuse to meet repair deadlines, and sometimes have the government do the repairs and put the tab on the landlords' property tax bills.

The city has the legal authority to do so, Davis said, but rarely does.

TORSTAR NEWS SERVICE

Renters ignored

Problems in government-owned Toronto Community Housing have been discussed sporadically during the 10-month campaign, but almost no time has been spent discussing issues in other buildings.

- **Chow, campaigning as a progressive, is the only contender with proposals directly aimed at private tenants.**

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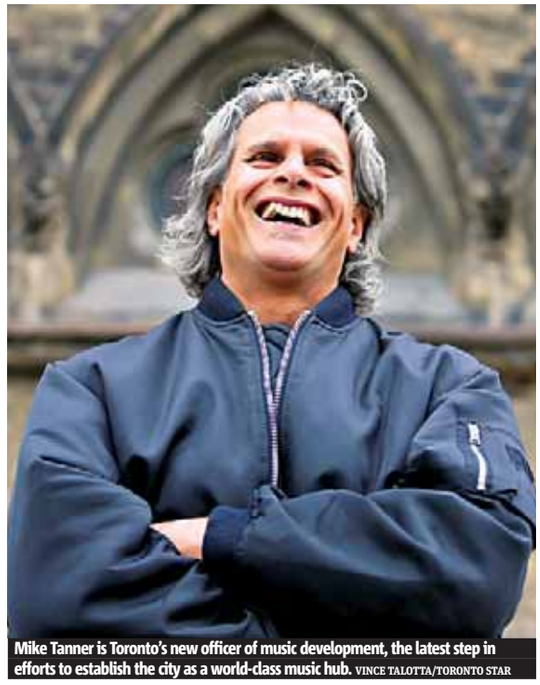
City of Toronto is music to his ears

Cultural capital. Mike Tanner bids farewell to NXNE to become city's music-sector development officer



Mike Tanner is Toronto's new officer of music development, the latest step in efforts to establish the city as a world-class music hub. VINCE TALOTTA/TORONTO STAR

Toronto, meet Mike Tanner, your new music-sector development officer.

This is the very first time the City of Toronto has created such a position, so Tanner — who moves into his new office at city hall on Tuesday — is in the privileged, if somewhat scary, position of being able to define just what it is Toronto's music-sector development officer will do in the future.

Mainly, though, this gig is about finding ways to further the growth and heighten the profile of the city's thriving music industry in hopes of spurring economic growth to the benefit of all involved.

It's the latest step, too, in Toronto's ongoing efforts to establish an international reputation as the world-class music city it is, coming hot on the heels of the much-vaunted "music-city alliance" signed into being with Austin last year and the formation this past February of a 30-member music-industry advisory committee to city council.

Torstar News Service spoke with Tanner on Monday as he packed up and prepared to say farewell to his former job as director of operations for the North by Northeast festival — a move which, he admitted, is not an easy one to make.

"It's hard," he says. "My colleagues and the company owners at NXNE were really congratulatory and magnanimous and positive about this move, but it is bittersweet."

In addition to being instrumental in growing NXNE's audience and profile within and without Toronto for the past seven years, Tanner — who's been one of the major behind-the-scenes players in developing our town's burgeoning relationship with Austin for the past couple of years — is also a thrice-published author, a sometime business-writing instructor for government and corporate clients and, perhaps most importantly, a musician himself.

Tanner sees his new job as having three major branches.

First, he hopes to better align Toronto's music industry with its other entertainment industries — film, fashion, food, tourism and beyond — so that all can mutually benefit from each other and work together to promote Toronto culture.

Second, he wants to make the city's new music office somewhere the industry can go for easy, "streamlined" help with the mundane day-to-day business of running a venue or a one-off event.

Third, Tanner would like "simply to stimulate more opportunities for live music in the city." Everywhere in the city — not just downtown.

Tanner's first order of business will be assessing the "state of the nation" as it pertains to city/industry dealings and setting some reasonable benchmarks and goals for the future.

"I'm kinda lucky going into this gig," he says.

"Some of the people who could potentially be the most vociferous critics of a music-sector development officer are actually guys I know quite well. ... I'm basically going to be going and meeting with everybody from venue owners who run little 60-capacity venues to Maple Leaf Sports and Entertainment and Live Nation to artists and to promoters and to record companies ... saying: 'Hey, I'm the new music-sector development officer. Give me a list of how you think the city could better serve your interests.'

"I'm going to be in your office listening to you."

TORSTAR NEWS SERVICE

Quoted

"Hey, I'm the new music-sector development officer. Give me a list of how you think the city could better serve your interests."

Mike Tanner
on his approach to working with Toronto's music community

Candidates' flyers end up in trash

When councillors running for re-election in Caledon delivered campaign material for mailing to Canada Post last week, they naturally expected the flyers to make their way into the mailboxes of the town's citizens.

They most certainly did not address any of the documents to a Brampton car wash, and yet, that's exactly where hundreds of the flyers ended up over the weekend — in the trash.

New Image Car Wash manager Adam Tassone said he found the discarded mail in his garbage bins on Sunday morning. The contents included flyers for Peel Regional Coun. Patti Foley and Caledon town Coun. Rob Mezzapelli, as well as promotional material for real estate agent Rose Perdue and copies of Our Neighborhood, a Vaughan magazine.

"I have close to 3,000 pieces of mail in my garbage bin," said Tassone, who contacted the candidates, the RCMP and Canada Post.

Canada Post spokeswoman Anick Losier said the Crown corporation is investigating.

Foley said about 300 of her "campaign postcards" were found at the car wash. She said she personally delivered her entire mailing to a Canada Post facility on Oct. 14..

"The real loss is that by the time we discover which 300 homes did not receive them, the election will likely be over," said Foley. TORSTAR NEWS SERVICE

Adam Tassone, manager of New Image Car Wash. RICK MADONIK/TORONTO STAR

This image, taken with a fisheye lens, shows beach-goers cooling off during the Southern California heat wave in September in Huntington Beach, Calif. CHRIS CARLSON/THE ASSOCIATED PRESS

Feeling hot, hot, hot!

Temperature rising. A new mark for global heat has been set, and meteorologists say Earth is now on pace to tie, or even break, the hottest year since scientists started measuring

Earth is on pace to tie or even break the mark for the hottest year on record, U.S. meteorologists say.

That's because global heat records have kept falling in 2014, September being the latest example.

The National Oceanic and Atmospheric Administration announced Monday that last month the globe averaged 15.7 degrees Celsius. That was the hottest September in 135 years of record-keeping.

It was the fourth monthly record set this year, along with May, June and August.

Quoted

"This is one of many indicators that climate change has not stopped, and that it continues to be one of the most important issues facing humanity."

Donald Wuebbles, University of Illinois climate scientist

NASA, which measures temperatures slightly differently, had already determined that September was record-warm.

The first nine months of 2014 have a global average temperature of 14.7 C, tying with 1998 for the warmest first nine months on record, according to NOAA's National Climatic Data Center.

"It's pretty likely that 2014 will break the record for hottest year," said NOAA climate scientist Jessica Blunden.

The reason involves El Nino, a warming of the tropical Pacific Ocean that affects weather worldwide. In 1998, the year started off super hot because of an El Nino. But then El Nino disappeared and temperatures moderated slightly toward the end of the year.

This year has no El Nino yet, but forecasts for the rest of the year show a strong chance that one will show up, and that weather will be warmer than normal, Blunden said.

If 2014 breaks the record for hottest year, that also should sound familiar: 1995, 1997, 1998, 2005 and 2010 all broke NOAA records for the hottest years since records started being kept in 1880.

Some people, mostly non-scientists, have been claiming that the world has not warmed in 18 years, but "no one's told the globe that," Blunden said. She said NOAA records show no pause in warming.

THE ASSOCIATED PRESS

Hawaii

No injuries after family faces shark

A surfer holding his eight-year-old son says he punched and smacked a shark with his board to stop an attack off Maui.

Kaleo Roberson tells the Maui News that he was surfing Saturday with 20 others — including his twin eight-year-old sons and a six-year-old son — off Maalaea when a 12- to 14-foot tiger shark appeared.

Roberson didn't see the shark until it was a few feet away. He remembers a wide-open mouth with teeth coming at him.

No one was injured.

THE ASSOCIATED PRESS

Ecuador

Earthquake strikes border with Colombia

A magnitude-6 earthquake rattled Ecuador's border with Colombia on Monday, shaking low-lying buildings and frightening residents in the sparsely-populated area.

There were no immediate reports of injuries or damage. The U.S. Geological Survey said the quake struck at 3:33 p.m. EDT, had a depth of about 10 kilometres (six miles) and was centred about 113 kilometres (70 miles) northeast of Quito.

The tremor was felt in small towns on both sides of the border. Officials in the Colombian town of Cumbal, near the quake's epicentre, said they formed an emergency committee to survey possible damage.

THE ASSOCIATED PRESS

Yukon. Woman, 42, succumbs to bear attack near Johnson's Crossing

Yukon's coroner's service says a grizzly bear that fatally attacked a woman had climbed inside her home before chasing her outside and mauling her.

Claudia Huber, who was 42 years old, died of her injuries on Saturday following the attack near Johnson's Crossing, located about 136 kilometres southeast of Whitehorse.

The coroner's service says the family dog started barking when it saw the bear approach the property, alerting Huber's spouse and prompting him to grab his rifle.

The bear climbed through a window into the home and the couple fled, but the bear pursued them and attacked Huber.

The coroner's service says Huber's spouse shot the bear dead and took Huber to a medical clinic, where she died of her injuries.

A necropsy on the bear has been completed, while an autopsy on Huber has been scheduled. CKRW

Edible pot. Too appealing to kids, health officials say

Colorado health officials want to ban many edible forms of marijuana, including brownies, cookies and most candies, limiting legal sales of pot-infused food to lozenges and some liquids.

The Colorado Department of Public Health and Environment told marijuana regulators that many forms of edible marijuana "are naturally attractive to children" and violate the law's "requirement to prevent the marketing of marijuana products to children."

The recommendation was obtained by The Associated Press in advance of a third and possibly final workgroup meeting Monday to draw up rules for identifiable markers or colours for edible marijuana products so they won't be confused with regular foods.

The health department's recommendation, sent to the regulators Oct. 14, would effectively take most forms of edible marijuana off store shelves. The final decision will be made by the Department of Revenue's Marijuana Enforcement Division, which oversees retail marijuana sales.

THE ASSOCIATED PRESS

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Value Village pulls its 'sexy' Halloween costumes for kids

'It's sick.' Popular thrift store decides to remove some of its children's costumes after criticisms from a mother in Victoria

THANDI FLETCHER
Metro in Vancouver

Value Village will be pulling some children's Halloween costumes from store shelves after a B.C. mom complained the outfits were too sexy for kids.

The U.S.-based thrift store giant announced the move Monday after Victoria mom Raina Delisle wrote an online column, which sparked outrage on social media, about a recent experience at her local Value Village shopping for a firefighter costume for her four-year-old daughter.

"The girls' costume was skin tight, shiny black fabric and was paired with a fascinator instead of a helmet," Delisle told Metro. "It didn't even look like the real thing."

In contrast, Delisle said the boys' firefighter costume was more realistic, with a bright red jacket, yellow reflectors and a firefighter helmet.

Delisle said she was shocked by the stark difference between the two costumes, as well as many other costumes in the store that were highly sexualized and marketed to girls as young as 4.

"It's telling young girls that their bodies are more important than their brains, and that they need to be sexy to be successful," she said.

"Boys and men could start to see them as objects and it feeds into the whole idea of objectifying women."

Victoria mom Raina Delisle was appalled to find a "sexy" firefighter costume for girls as young as 4 while shopping at her local Value Village.
COURTESY RAINA DELISLE

Delisle believes parents have a role to play in choosing costumes for their kids. She said she believes store also has a corporate responsibility.

"It's sick," she said. "These are not just costumes. This is a problem with society."

Diane Sowden, executive director of Children of the Street Society, a non-profit charity dedicated to preventing the sexual exploitation and trafficking of children, said skimpy Halloween costumes are becoming increasingly common for young children.

"It makes light of the issue of sexual exploitation of children and youth," she said. "We all know sex sells, but not on the backs of our children and our youth."

Sowden encouraged parents to use the costumes as an educational opportunity to talk to their children about why the outfits are inappropriate.

University of B.C. professor Mona Gleason, whose research interests include children and youth gender studies, said consumers have a duty to speak out when products clash with societal values.

"The marketplace is often just exploiting the lowest, common denominator," she said. "We need to ensure that as a culture and a society, we need to not make the mistake of allowing businesses to be our moral compass or our ethical compass."

On Monday, Value Village spokeswoman Sara Gaugl said the company selects its Halloween inventory based on feedback and demand from shoppers, but that it would remove the costumes from its stores.

"We apologize to those who were offended and as we move forward, we will evaluate all costumes and packaging keeping this specific customer feedback in mind," Gaugl wrote in an email.

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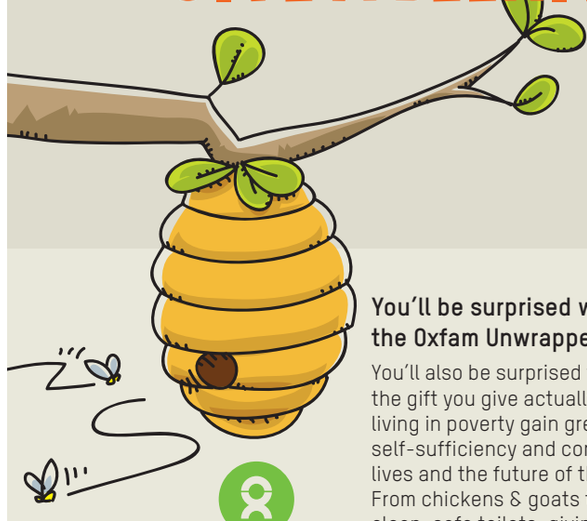

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Hit-and-run. Motorist who hit two Forces members was known to authorities

A 25-year-old man who died from police gunfire after he struck two members of the Canadian Forces with his car had "become radicalized," the Prime Minister's Office said Monday.

"The individual who struck the two CAF members with his car is known to federal authorities, including the Integrated National Security Enforcement Team," from Jason MacDonald, Stephen Harper's communications director, said.

"Federal authorities have confirmed that there are clear indications that the individual had become radicalized."

Harper was briefed Monday afternoon by RCMP Commissioner Bob Paulson; Tom Lawson, the country's top military commander; and national security adviser Stephen Rigby.

One of the two people hit was listed in critical condition, while the other's injuries were described as less serious.

News of the incident surfaced inside the Commons early Monday when Conservative MP Randy Hoback asked Harper to update the House about "unconfirmed reports of a possible terror attack" against Canadian Forces members.

Harper said he was aware of the reports and called them "extremely troubling."

"First and foremost our thoughts and prayers are with the victims and their families; we're closely monitoring the situation and obviously we will make available all of the resources of the federal government," he told the House.

Provincial police spokesman Joyce Kemp said it was "really premature" to speculate on any possible motives.

"We've just started the investigation, so it will take a certain time before we can say it was something accidental or deliberate," Kemp said.

Provincial police spokesman Guy Lapointe said the shooting occurred after the man hit the two pedestrians in the parking lot of a shopping mall and took off. That triggered a chase that ended with the man losing control and his car rolling over several times. **THE CANADIAN PRESS**

Demolitions crew finds 104-year-old anchor

Rear Admiral John Newton, commander of Maritime Forces Atlantic, walks past an anchor, believed to be from the HMCS Niobe, at HMC Dockyard in Halifax on Monday. The artifact was unearthed at an demolition site on the waterfront. The armoured cruiser was purchased from the Royal Navy and entered Halifax harbour on Oct. 21, 1910. ANDREW VAUGHAN/THE CANADIAN PRESS

British Columbia

B.C. cop charged with murder in 2012 shooting

A British Columbia police officer has been charged with second-degree murder in the shooting death of a Vancouver man. The charge results from an on-duty incident Nov. 8, 2012, where police shot and killed Mehrdad Bayrami after an armed standoff near the local Starlight Casino. **MATT KIELTYKA/METRO IN VANCOUVER**

Fashion icon dies

Oscar de la Renta dead at 82

Fashion designer Oscar de la Renta has died, according to reports from the New York Times and ABC News.

As the man behind the eponymous brand, De la Renta spent more than 50 years designing gowns for actresses and the elite around the world, including most recently Amal Clooney's wedding gown. **METRO**

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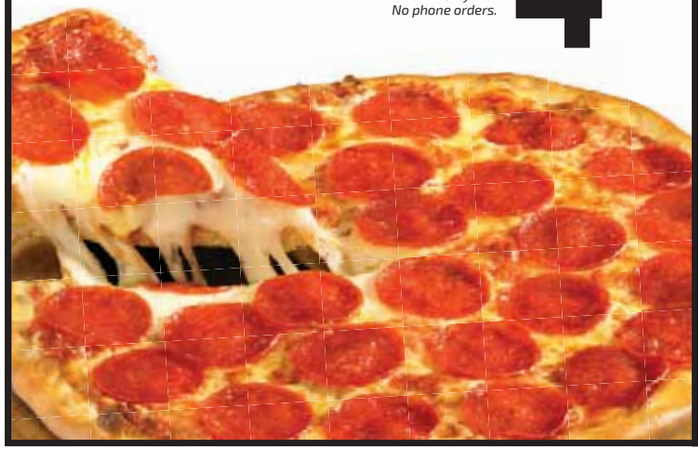

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Deported Nazis get Social Security from U.S. government

Suspected war criminals. Collected millions in U.S. retirement funds; the few survivors get up to $1,500 monthly

In this July photo, Jakob Denzinger is seen in his apartment in Osijek, Croatia. Denzinger is among dozens of camp guards and suspected war criminals who in total collected millions in Social Security. THE ASSOCIATED PRESS

Dozens of suspected Nazi war criminals and SS guards collected millions of dollars in U.S. Social Security benefits after being forced out of the United States, an Associated Press investigation has found.

The payments, underwritten by American taxpayers, flowed through a legal loophole that gave the U.S. Justice Department leverage to persuade Nazi suspects to leave the U.S. If they agreed to go, or simply fled before deportation, they could keep their Social Security, according to interviews and internal U.S. government records.

Among those receiving benefits were armed SS troops who guarded the network of Nazi camps where millions of Jews perished; a rocket scientist who used slave labourers to advance his research in the Third Reich; and a Nazi collaborator who engineered the arrest and execution of thousands of Jews in Poland.

There are at least four living beneficiaries, including Martin Hartmann, a former SS guard at the Sachsenhausen camp in Germany, and Jakob Denzinger, who patrolled the grounds at the Auschwitz camp complex in Poland.

Hartmann moved to Berlin in 2007 from Arizona just before being stripped of his U.S. citizenship. Denzinger fled to Germany from Ohio in 1989 after learning denaturalization proceedings against him were underway. He soon resettled in Croatia and now lives in a spacious apartment on the right bank of the Drava River in Osijek. Denzinger would not discuss his situation when questioned by a reporter.

Denzinger's son, who lives in the U.S., confirmed his father receives Social Security payments and said he deserved them.

THE ASSOCIATED PRESS

Plans to close the loophole

"It's absolutely outrageous that Nazi war criminals are continuing to receive Social Security benefits."

Rep. Carolyn Maloney, a senior Democrat

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Nigeria. 200 abducted schoolgirls may soon be released: Government

There is cautious optimism in Nigeria Monday over local reports that the more than 200 abducted Nigerian schoolgirls may soon be released soon as part of a ceasefire agreement with the country's Islamic rebels, Boko Haram.

However, Nigeria's federal government has not yet provided details on the terms of the truce that was announced on Friday by the military.

President Goodluck Jonathan's government is "inching closer to the release of the Chibok girls," government spokesman Mike Omeri said. THE ASSOCIATED PRESS

Talks to continue

The schoolgirls are "alive and well" and talks to free them will continue this week in Chad, said Omeri.

Killing of girlfriend

Pistorius to hear his fate Tuesday

Oscar Pistorius will finally learn his fate Tuesday when a judge is expected to announce the Olympic runner's sentence for killing girlfriend Reeva Steenkamp. He could be sentenced to years in prison, or to no jail time at all. THE ASSOCIATED PRESS

Indiana

Killings over 20 yrs. investigated

Police investigating the slayings of seven women whose bodies were found over the weekend in Indiana say the suspect has told them that he may have killed people going back 20 years. The suspect is identified as Darren Vann. THE ASSOCIATED PRESS

Nigeria now Ebola-free; 'spectacular success story'

Dr. Fadipe was infected with Ebola and survived. He stands in front of the amount of Oral Rehydration Solution he took. WHO/THE ASSOCIATED PRESS

Had 20 cases. Most populous African country defies the odds receiving WHO praise; 9,000 people altogether have been infected in West Africa

Water laced with salt and sugar, and gallons of the nasty-tasting stuff.

Doctors who survived Ebola in Nigeria credited heavy doses of fluids with saving their lives as the World Health Organization declared the country Ebola-free Monday, a rare victory in the battle against the disease that is ravaging West Africa.

In the end, Nigeria — the most populous country in Africa, with 160 million people — had just 20 cases, including eight deaths, a lower death rate than the 70 per cent seen elsewhere across the stricken region.

Officials are crediting strong tracking and isolation of people exposed to the virus, and aggressive rehydration of infected patients to counter the effects of vomiting, diarrhea and other symptoms.

Nigeria's containment of Ebola is a "spectacular success story," said Rui Gama Vaz, WHO director for Nigeria.

Survivor Dr. Adaora Igonoh said the treatment is not easy. It entails drinking, as she did, at least five litres of the solution every day for five or six days when you have mouth sores and a sore throat and feel depressed.

"You don't want to drink anything. You're too weak, and with the sore throat it's difficult to swallow, but you know when you have just vomited, you need it," she said. THE ASSOCIATED PRESS

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Threatened bees find saviour in churches

Gardens4Bees.
Church congregations have been planting special bee community gardens to help the ecosystem thrive

Attempts to reserve the decline of bee populations have found a saviour of sorts in Anglican churches across southwestern Ontario.

The church congregations have been planting special bee gardens to encourage the visitors and help the ecosystem.

It's part of Gardens4Bees, an initiative out of London, Ont., which pays for community gardens and is run by Murray Hunter in memory of his daughter, who was killed in a car accident.

"Bees are an essential leverage point in the environment," Murray said. "Everything depends on the growth of the bee, for example apples. They are dependent on pollinators.

"The pilot project was, if possible, to encourage people on their own land and with their own resources to build gardens that will help the bees and therefore the environment."

At London's St Andrew Memorial, congregation member Nancy Barwick was happy to show off the bee garden, which is in the shape of the cross of St. Andrew. It contains bee-friendly plants such as nettle sage, purple coneflower and lavender, all listed on a guide that's kept in the church.

"People can grab that document and come outside and do a self-directed tour," Barwick explained. "They can get an idea of what types of plants the bees like, so they can plant some of their own in their garden at home."

MIKE DONACHIE/METRO IN LONDON

Why all the buzz?

Scientists and bee enthusiasts have been fighting what's dubbed Colony Collapse Disorder since it first started stinging hives, and causing bees to die in large numbers. There are multiple theories about what's causing it.

Nancy Barwick in the bee-friendly garden at St. Andrew Memorial Anglican Church in London, Ont. MIKE DONACHIE/METRO IN LONDON

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To cut, or not to cut the cable cord?

That is the question.
Many customers are considering cutting the cord these days, but experts warn going à la carte may not be cheaper

Cord-cutters rejoiced last week after HBO and CBS announced plans to sell standalone streaming services in the U.S., a move that cable and satellite television providers have resisted for years. Customers tired of paying big fees for hundreds of channels they never watch just to have access to a few favourite shows might be expected to start cancelling cable service in droves. Get Netflix, throw in HBO, add a network here and there — why would anyone sign up now for cable?

Well, don't sound the death knell for cable companies yet.

Sorry, but cutting the cable cord may not save you a bundle of cash.
MATT ROURKE/THE ASSOCIATED PRESS FILE

Some would-be customers may balk when they see just how much it actually costs to pay à la carte. Stations that offer services à la carte will have to pay for marketing that the cable and satellite companies usually cover. Fewer eyeballs on live TV could mean less advertising revenue, since online ads are generally cheaper, and that will boost the network's cost of running the channel.

And smooth streaming costs money: To avoid so-called "throttling" during peak evening viewing times, Netflix buckled to broadband distributors like Comcast and Verizon and paid up so that its streaming service would run at a higher bandwidth and work more smoothly. Those added costs might be passed on to customers.

And for all those cable haters out there, sorry: Cutting the cord won't mean cutting out your cable provider. They often own some of your favourite channels (Comcast owns NBC Universal, parent of Bravo and USA) and in most areas they are the gatekeepers to the Internet. Offering popular channels like HBO over streaming could actually help cable companies sell more expensive broadband services to customers. THE ASSOCIATED PRESS

Ongoing beef

U.S. meat-labelling laws hurt Canada, Mexico, rules WTO

Canada has won a battle in an ongoing trade dispute with the United States over meat-labelling laws that have hurt the beef and pork industries.

The World Trade Organization released a ruling that said U.S. country-of-origin labelling (COOL) rules discriminate against exports from Canada and Mexico. THE CANADIAN PRESS

Market Minute

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STOP BITCHING ABOUT SKINNY BITCHES

SHE SAYS

Jessica Napier
metronews.ca

In case you've missed it, the booty seems to be having a bit of a cultural moment.

In her insufferably catchy song All About That Bass, singer Meghan Trainor croons about how she's got all the right junk in all the right places. Similarly, rapper Nicki Minaj's Anaconda and Jennifer Lopez's Booty are odes to women with large behinds (and the graphic and ridiculous videos are a whole other story).

The amount of radio airtime dedicated to these tracks is enough to make anyone's ears bleed, but there are also some deeper issues here. First of all, the lyrics focus on looking a certain way in order to earn the attentions of the opposite sex. This is nothing new, of course, but the fact that both Trainor and Minaj use the phrase "skinny bitches" to berate women with small physiques is not something heard very often on Top 40 playlists — until recently.

At first listen, these pop anthems might seem empowering, but the lyrics are written in such a way that celebrates those with certain physical characteristics while excluding and name-calling those who are different. And while it's probably going to take a lot more than a couple of pop songs to overhaul North America's reigning beauty esthetic, we shouldn't be championing a particular physique at the expense of another.

And yet there's an increasing amount of disdain in our modern-day beauty rhetoric for those who are skinny. Former model Katie Willcox founded her body-positive website Healthy is the New Skinny, in response to her own issues with the modelling industry and the pressure she felt to lose or gain weight in order to look a certain way. Willcox was told her natural Size 8 frame was too large for regular modelling but too small for the plus-sized world.

"Healthy is the New Skinny is a movement to support women all over the world to love themselves and each other," explains the site's manifesto. And while there are good intentions behind that mission statement and the philosophy certainly resonates with others (the site has almost 120,000 fans on Facebook), the brand name is a bit of a concern. I have to wonder... if the message here is about acceptance and self love, then why employ this "new skinny" cliché that undermines women with that body-type? Being healthy and skinny are not mutually exclusive concepts, and yet the name suggests just that.

Women don't need a "new skinny"; what we do need is to stop endorsing one body type over another and focus on our own individual happiness and physical well-being. Body types shouldn't be fetishized and health should be the ultimate goal, whether you're petite or plus-sized, muscular or minuscule.

Metro Bitstrips caption contest

Today's winner: Kim Barsby

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MetroTube

Sweets: Probably cooler than your dog

REBECCA WILLIAMS
rebecca.williams@metronews.ca

It may be the goggles, or maybe the fact that this bulldog is named Sweets. Actually, it's just everything. Can your dog play dead? Good for it. Taught your dog to open the fridge? That's impressive. But is your dog so awesome it can pass off the coolest sign of solidarity that is the "biker wave"? Christine Sutton/YouTube

SCREENGRAB

Comments

RE: Intimate memoir aims to build trust: Trudeau, published online Oct. 20, 2014

Don't people usually write memoirs after they've actually done something in life? I think I'll wait for the movie.
BlindHorse, posted to metronews.ca

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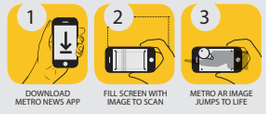

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DVD review

Snowpiercer

Director. Joon-ho Bong

Stars. Chris Evans, Tilda Swinton

●●●●○

You couldn't ask for a better metaphor for hell on Earth than what Bong Joon-ho has wrought with Snowpiercer: constant forward momentum while getting absolutely nowhere, suffering all the while. That's the track and plight for the title train and its mostly miserable passengers: the poor multitudes in the back and the rich few in the front. All are condemned to circle the planet non-stop or risk freezing from a new Ice Age caused by mankind's own stupidity. The audacious Korean genre director behind The Host and Mother makes his grandest statement yet with this art house blockbuster, rich in visual and thematic imagery. It's a sci-fi thriller best described, without diluting the director's own brilliance, as a combination of the home-restoring quest of The Wizard of Oz, the dystopian class struggles of George Orwell novels and the grotesque characters of French fantasists Jean-Pierre Jeunet and Marc Caro. A star-studded international cast, topped by Chris Evans, Tilda Swinton, Ed Harris and Octavia Spencer helps make Snowpiercer a feast for the eye as well as the mind. You never know when someone famous will pop up. **PETER HOWELL**

Saldana's success has her singing sweet tunes

The Book of Life.
Latest roles have actress priming her pipes and pondering a career change

NED EHRBAR
Metro World News in Hollywood

metro AR **Zoe Saldana voices the feisty Maria, who finds herself in the centre of a love triangle in The Book of Life. Scan this photo with your Metro News App to hear what producer Guillermo del Toro has to say about making this film.** CONTRIBUTED

Zoe Saldana could get used to this singing thing. She's been belting out tunes in films so often recently, The Book of Life star could even see herself launching another career.

In The Book of Life, Saldana gives voice to Maria, the feisty girl at the centre of a folklore love triangle between her two childhood pals: bull-fighter and guitar enthusiast Manolo (voiced by Diego Luna), and barrel-chested military hero Joaquin (voice by Channing Tatum).

Which suitor she chooses will determine the management structure of the underworld as squabbling gods La Muerte (Kate del Castillo) and Xibalba (Ron Perlman) vie for control of the Land of the Remembered.

Got all that? Oh, and the narrative is punctuated with mariachi-tinged versions of songs by Radiohead, Mumford and Sons and Biz Markie. Hence the singing.

For Saldana, coming off her long-anticipated Nina Simone biopic and this summer's Guardians of the Galaxy, breaking into song didn't feel so strange.

"I sang when I shot Nina, and I worked vigorously with an amazing voice coach. So by the time I started doing the sessions for Guardians of the Galaxy and we got to sing, it had been about a year so I just sort of remembered all those things."

What she remembered was telling herself it was OK to add another skill to her resumé, despite whatever reservations she might have had initially.

"It's amazing what you discover you're able to do once you really put your body and soul into a skill and you try nothing but to master it," she says. "You discover a lot about yourself, that you can actually do something if you put your mind to it. I realized that I'm not as bad or as tone deaf as I thought I was."

The film is also a celebration of Mexican culture, envisioned by director Jorge Gutierrez and shepherded by producer Guillermo del Toro.

"I have to say that Guillermo was an amazing godfather for this project. He believed and he fought for Jorge to have his vision," Saldana says.

"You are dealing with the beauty of a culture that, even though we've been neighbours since the beginning of time — since the beginning of America — there is so little that we know. The Mexican culture is so beautiful."

As for what is ostensibly a kids' film focused on coping with death and the idea of the afterlife? Saldana doesn't think it's such a crazy idea.

"It's an educational tool. It will give parents the ability to have that tough conversation with their kids," she insists.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ariana seeks Miley's advice on celebrity life

NED EHRBAR
Metro in Hollywood

It's tough being a Disney Channel alum turned international pop star, mostly because there are so few people who really get what you're going through.

Case in point: When Ariana Grande found herself feeling overwhelmed by nasty reports that she'd been caught swearing at her fans and that her life coach had quit on her, she had nowhere else to turn but Miley Cyrus.

"I was upset and I contacted Miley. I said, 'Miley, I'm so sad — what do I do? This isn't true. My heart is broken, I feel so bad,'" Grande tells the Daily Mirror.

"She was like, 'Girl, don't even look at it. Just be happy that you're blessed. You have family and friends that love you, you have fans that love you, who know what's true and what's not. It will blow over and, tomorrow, they'll be talking about something else.'"

I'm going to go ahead and assume Cyrus delivered this advice while lying spread-eagle on the hood of a car, tongue sticking out, but still, it looks like Grande has found a new life coach.

Avatar Secrets

Episode 6: Identity

In real life, Ramona heads to California, for Blizzcon, the gaming convention, and interviews players who have formed profound connections in the online world. "It's conceivable that a person might actually be more close to the person they're portraying in the virtual world than they are in the physical world," says John Seely Brown, author of The Gamer's Disposition. Scan this photo for a video of Seely Brown talking about what is "real."

metro AR

COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

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Shonda Rhimes

'No gay love scenes,' Rhimes tells tweeter

Here's a tip: Don't go on Twitter to complain to Shonda Rhimes about gay love scenes on the shows she produces, because she will respond. And she has a lot more followers.

A viewer named Dina Abdel Hakiem (925 followers) is getting more attention than she expected after tweeting to Rhimes (737,000 followers) that "the gay scenes on Scandal and How to Get Away with Murder are too much. There is no point and they add nothing to the plot."

Rhimes responded with a pair of tweets, starting with the simple, "There are no gay scenes. There are scenes with people in them."

She later added, "If you use the phrase 'gay scenes,' you are not only late to the party but also not invited to the party. Bye Felicia."

Madonna shocker not shocking after all

More than a decade ago, Madonna shocked MTV viewers by locking lips with Britney Spears during the 2003 Video Music Awards, which might not seem like news, except Spears' manager, Larry Rudolph, feels like reminiscing.

And you might be surprised to learn — or not — that the lip-lock was completely planned. Rehearsed, even.

"Madonna had been very, very, very rigid about the rehearsals. She was telling Britney and I every day, 'Be here tomorrow at 10 o'clock,'" Rudolph now tells Billboard.

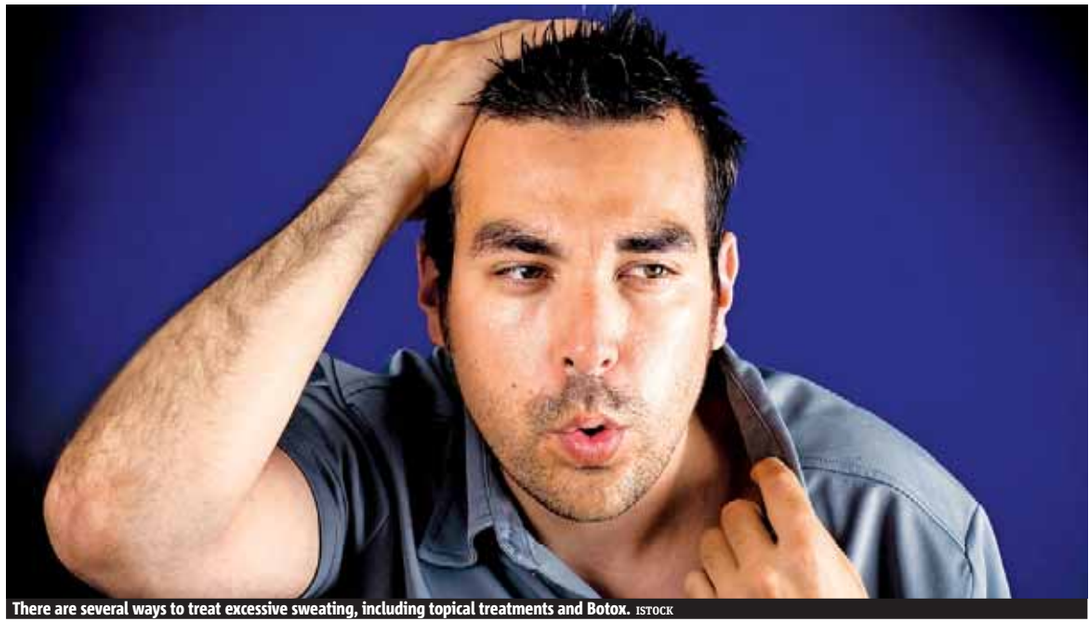
It all paid off, apparently. After the smooch, Rudolph found himself in an elevator with Madge herself.

She "wrapped her arms around my waist and gave me a big kiss on the lips," he says. "And she said, 'You see, Larry? It was all worth it.'"

There's no need to 'sweat it out'

Hyperhidrosis. The effects of excessive sweating can be reduced

IZABELA SZYDLO
life@metronews.ca



There are several ways to treat excessive sweating, including topical treatments and Botox. ISTOCK

There's the type of sweat that occurs when you finish an intense workout, after a few bites of your favourite spicy dish or during a 40-degree heat wave.

Then there's the type of sweat that happens even when you're simply sitting at your desk, eating a sandwich or when temperatures dip and everyone else is pulling out extra warm socks.

Medically known as hyperhidrosis, excessive sweating affects almost half a million Canadians, according to a Leger survey.

"If you have to worry about it, wear certain clothes, prepare for it, not do things because of it, then you're sweating too much," says Dr. Nowell Solish, the founder of Sweat Clinics of Canada, the first facility of its kind to specialize in treating excessive sweating.

Hyperhidrosis can occur anywhere, but most commonly affects the hands, feet, underarms, face, chest or back. Medical solutions depend on how bad the problem is and where it is occurring.

Solish says for the underarms he first recommends topical treatments such as antiperspirants and stronger aluminum chloride solutions, which are non-prescription but must be obtained from a pharmacist.

There are also a host of other options.

"If you're treating the underarm, Botox works extremely well with dramatic improvements in 95 per cent or more of patients. It lasts six to nine months," Salish says.

"Oral medications are better if you generally sweat, but the side effect is they will dry you everywhere, including your mouth and eyes."

For sweating of the hands and feet, Solish says a popular option is the use of an iontophresis machine. It passes mild electrical currents down cables to treatment electrodes that are in trays of water. Placing hands and/or feet into the trays completes the circuit and allows currents to flow into the skin where they slow secretion at the gland.

Solish says the most extreme solution is a surgery during which nerves in the spine that lead to sweat glands are cut. However, one side effect of the surgery is a patient may eventually start sweating in other places.

While Solish speaks freely about sweating, another Leger survey found that more than half of Canadians say it is important to hide their sweating and nearly one in three are self-conscious about it.

"It's not the type of thing that comes up in conversation," says Solish. "I think people know they're excessively sweating but they don't know it is a disease that can be improved."

Ceri Marsh, an etiquette expert and co-author of The Fabulous Girl's Guide to Grace Under Pressure and The Fabulous Girl's Guide to Decorum, says she isn't surprised by the study's findings.

"Whether fair or not, we read into sweat all sorts of things like lack of hygiene or nervousness," she says. "If it is that bad, it is worth looking into whether you have hyperhidrosis. In the meantime, there are things you can do."

Marsh says practicing "sweatiquette" is being aware of how you're managing sweat. She says planning is the key to preventing embarrassing moments.

"If you're at school or work, you want to keep a clean undershirt or top with you that you can change into," she says. "Secondly, natural fibres will be a lot better for you than synthetics because they breathe and won't leave you feeling clammy. Dressing in layers also helps. Finally, you want to give yourself more personal space to respect social boundaries at events."

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No, ice cream won't fix it

Study. New research suggests that comfort food may not bring you comfort after all

EVA KIS
Metro in New York City

Put down that pint of ice cream, don't order that tub of fried chicken, and skip that impulse candy bar purchase at the register. Whatever you eat when feeling sad, it's not working.

"Individuals may be giving comfort food 'credit' for mood effects that would have occurred even in the absence of the comfort food," concluded a study published in the journal Health Psychology.

The Myth of Comfort Food study out of the University of Minnesota found that comfort foods do lead to "significant improvements" in mood — just not any more than other foods, or no food at all.

After filling out a questionnaire about their favourite ways to eat their feelings, study subjects watched sad movies in two separate lab sessions.

At the end of one session, they were offered their favourite comfort food; at the other, they were either given a neutral food or nothing.

Researchers then measured any short-term mood changes.

Their conclusion: "Although people believe that comfort foods provide them with mood benefits, comfort foods do not provide comfort beyond that of other foods (or no food)."

While believing in the effectiveness of a therapy can have a major impact on its outcome, even those participants who believed that self-medicating with food would help were left no better off.

Harry Potter fans won't be surprised to learn that there was one exception to the comfort food myth: chocolate.

Whether given to participants before or after the sad films, it definitely made them feel better.

Most food won't bring you comfort, though chocolate is one sweet exception. ISTOCK

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Why time with a rook is as good as a book

Say yes to the chess.
The benefits of teaching young learners to master the board

LAKSHMI GANDHI
Metro in New York City

Make your move to a pastime that sparks the smarts. ISTOCK

Chess dates back to sixth-century India and has long been associated with strategy and concentration. Schools and after-school programs are capitalizing on the game as a way to teach students how to think critically and manage difficult situations.

"Chess is a game of calculation," says Michael Propper, the director of Chess NYC, New York's largest chess organization.

We talked to Propper about some of the academic and social benefits of children playing chess.

It forces kids to think outside the box

"Every move you make has a consequence," says Propper. "It's a sport, and we treat it as such."

He says young chess players approach problems in novel ways after learning the rules of the game.

It enhances math skills

"It's a game that helps you think scientifically, it helps critical thinking skills and it helps enhance math skills," he points out, noting that many students grow stronger in math and science in particular.

"Chess is a game of calculation. It assists you in calculating and focus."

Because of that, it's probably no surprise that students who play chess tend to gravitate toward the sciences.

"Some of them have that natural reasoning ability," says Propper. "The other half start to develop it."

Chess also helps you think like a programmer.

The skills students learn playing chess also lend themselves to the world of coding.

"(There's) symmetry between chess and coding," says Propper. Building on that connection, Chess NYC has just introduced a coding class for students in its camps and after-school programs.

Playing also helps socializing skills

Programs like Chess NYC expand horizons by having young players compete against players of all ages and backgrounds. Propper notes that the oldest chess player in his organization is 104. "It helps them make friends and socially feel more confident," he notes.

Actions and reactions

"Every move you make has a consequence. It's a sport, and we treat it as such."

Michael Propper, Director of Chess NYC

Eyes on the prize

Chess is the original role-playing game

- Propper says he and the rest of the Chess NYC staff aren't concerned about losing their students' attention spans to common distractions like video games or the Internet. "Chess is (like) a video game," he replies. "Once you start to do it, it's absolutely addictive and a lot more fun."

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AN OUNCE OF PREVENTION

It's cold and flu season and time to arm yourself with some prevention strategies.

The cold includes the sniffles and generally infects your nose and throat, says Glenda Hubley, a registered nurse in Sault Ste. Marie, Ont. The flu, on the other hand, can affect your respiratory track and cause complicated breathing issues. It often causes aches and pains everywhere, too.

How can you protect yourself from catching one or the other?

• Good handwashing habits is the golden standard for both cold and flu protection. Wash your hands frequently to wash away germs. Wash with soap and water, using the lather to wash the front and back of hands and in between fingers and under nails for at least 15 seconds. Then rinse under warm running water and dry with a clean towel. Use alcohol-based hand cleaners if soap and water are not available.

• Be sure to teach everyone in the family to wash their hands properly. Don't use a common hand towel when someone is sick. Launder towels in the house everyday when someone is sick.

• Germs spread when people with a cold or flu cough, sneeze or talk. If you have to cough, cough into your sleeve or a tissue.

SHUTTERSTOCK

"What you don't want to do is cough onto your plate of food or your fork," Hubley says.

• Be conscious of what you are doing with your hands during cold and flu season. "Do not touch your mouth, then touch your face and touch the food you eat," Hubley says.

• The Centers for Disease Control and Prevention recommends keeping your immune system strong by eating healthy foods, getting regular activity, and getting adequate sleep. A person is constantly exposed to germs in public and it's how their immune system deals with the germs that determines whether or not they will get sick.

• Clean and disinfect surfaces or objects that a lot of people touch in the house such as doorknobs, light switches, TV remotes, telephones, and keyboards.

• Don't smoke. WebMD reports that heavy smokers get more severe colds and more frequent ones.

• Take some time to relax. Relaxation is thought to help rev up your immune system.

– *Ylva Van Buuren*

FLU SHOT HELPS

Health organizations including Health Canada and the U.S. Centers for Disease Control and Prevention say the best way to prevent the flu is to get the flu vaccine each season.

According to Health Canada, the flu vaccine will help protect you if you are exposed to the virus, help stop you from getting very sick, and help prevent you from passing the virus on to others.

For information, talk to your healthcare provider, pharmacist or local health unit.

The Public Health Agency of Canada (phac-aspc.gc.ca) provides more information about the flu shot.

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SHUTTERSTOCK

Keep your immune system strong

Along with cooler temperatures, fall also ushers in cold and flu season; tens of thousands of Canadians will soon be coughing, sneezing and feeling under the weather.

"The key to staying healthy during this time of year is to focus on prevention," says Sherry Torkos, a pharmacist and author of The Canadian Encyclopedia of Natural Medicine. Torkos also offers tips on her website, sherrytorkos.com.

There are many effective prevention strategies.

"Most important of all is maintaining a strong immune system," Torkos says. "That way, your body will fight off an infection before it gets out of control and makes you sick."

Perhaps the most popular immune booster is echinacea purpurea. In 2012, scientists at the Cardiff University School of Biosciences completed the largest clinical study on echinacea purpurea in history, using A. Vogel's Echinaforce®, a proprietary extract obtained from fresh organic, GMO-free plants. The study found that this particular preparation of echinacea effectively enhances the immune system and reduces the incidence and duration of cold symptoms.

Based in part on this finding, Health Canada approved Echinaforce® for both prevention and treatment of cold and flu, and deemed it safe to take regularly up to four months, making it a great and natural way to stay healthy this winter.

Distributed in Canada for more than 50 years, A. Vogel products are sold in 30 countries worldwide.

metro AR This SweeTango Baked Apple Chicken recipe makes four servings. Use your Metro app to scan this photo for a video of Theresa Albert talking about planning a party using hyper-seasonal foods. THERESA ALBERT

A choose your own adventure dish

Baked Apple Chicken.
This recipe will make a more fancy appetizer at your next party or a quick weeknight meal

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

There is something about the zing of an apple paired with the zest of goat cheese, and heft of thyme and rosemary that will make this simple, one-dish bake a go-to weeknight recipe.

If you have time, roll the breasts and pin them to cut into pinwheels for lovely appetizers.

If not, slap them into the dish and in the oven in no time. The taste is the same, just the presentation is different.

Ingredients

- 2 SweeTango Apples
- 1/2 fresh lemon
- 3/4 cup plain Greek yogurt
- 3 oz goat cheese (chevre)
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp white pepper
- 1 clove garlic, minced
- 4 boneless skinless chicken breast halves
- 1 tsp extra virgin olive oil

1. Grate 1 SweeTango apple into bowl. Slice the remaining apple into thin wedges, drizzle with lemon and set aside.

2. Add yogurt, goat cheese, thyme, rosemary, pepper and garlic to grated apple, mix well.

3. Lay chicken breasts onto the counter on a piece of plastic wrap, cover with a second sheet of plastic wrap. Pound with fists or gently with a meat mallet to thin to a half-inch.

4. Drizzle oil into baking dish. Place thin layer of apples into dish. (Be sure it is large enough that they are not touching.)

5. Lay chicken onto apples and spread yogurt mixture on chicken breasts and then lay apple slices on top.

6. Cover with foil and bake at 400 F for 15 minutes, remove foil and bake for 5-10 more or until chicken is cooked through. Serve hot or chill in fridge and serve cold with salad greens.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY SWEETANGO

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That apple is, like, so last hyper-season

The foodie wind, she is a blowin', and it is now all about access to hyper-seasonal.

The hyper-local trend has staying power as farmers markets continue to grow, and there is nothing like fresh fruits sold to you from the gnarly, hard-working hands of the people who planted, nurtured and picked them.

Layer that feeling into a modern world where exquisite foods can be flown across the country, but with the caveat that the season is perishable.

This is a different concept than the year-round access to pithy tomatoes or tasteless strawberries! The hyper-seasonal trend is about here today, gone tomorrow but with an all-access pass.

One such food is the amazingly crisp and tangy sweet apple called SweeTango. Find these fruits of Eve and pair them with a perishable stout craft beer and some fresh cheese for your next party.

THERESA ALBERT

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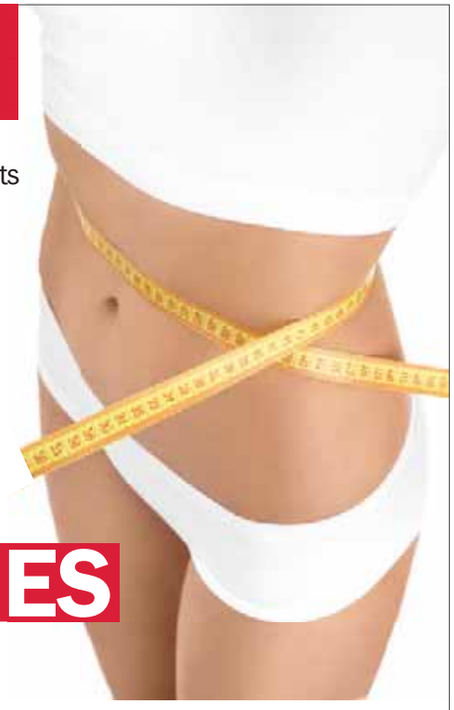

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1- Green tea extract reduces body fat in humans. Nagao, Hase and Tokimitsu, Obesity, 2007,

Number of small businesses increasing

More than a million in operation in 2012, with nearly 70 per cent of labour force

SHUTTERSTOCK IMAGES

Small businesses — those with fewer than 100 employees — continue to make a vital contribution to Canada's economy. According the most recent figures compiled by Statistics Canada and Industry Canada, more than 1.08 million small businesses operated in 2012, employing more than 7.7 million people, or nearly 70 per cent of this country's private labour force.

And while many businesses fail in their first few years of operation, the total number of startups continues to climb. Between 2008-09, for instance, the number of startups was significantly larger than the number of discontinued or closed businesses — a difference of 22,000.

Several factors are driving the growth of entrepreneurship. One is the fundamental shift in the relationship between employers and employees — people rarely spend their whole careers at a single company anymore. Another is that many large companies recognize that it can be less expensive over the long term to obtain services and products from contractors rather than from employees. Finally, many people — especially young people — prefer an independent lifestyle; they place tremendous value on being able to determine their hours and working conditions.

A key trend in recent years is the rapid growth of female entrepreneurship. In 2011, almost 14 per cent of small businesses were solely owned by women, while more than 18 per cent were held in equal partnerships between men and women. Today, more than 820,000 Canadian women are self-employed and the number continues to climb, particularly among those younger than the age of 30.

Rosemary Brazeau joined the trend in 2011, when she opened Three Sisters Bakeshop in a residential Ottawa neighbourhood. After her longtime employer failed to survive the financial meltdown, she decided it was time to move in a new direction. Brazeau spotted an opportunity when a local business closed — the second or third one to fail in recent years in the same small neighbourhood strip mall.

"I remember saying to myself, 'I hope someone opens something that succeeds,'" Brazeau says. "That got me to thinking."

Brazeau put her heart and soul into the project, renovating the space, securing suppliers, hiring employees, and negotiating leases and licences. When the bank wouldn't loan enough money to finance the startup, Brazeau sold some property and dipped into her line of credit. Today, Three Sisters Bakeshop is a fixture in the neighbourhood. Each day brings a steady stream of locals dropping in for coffee, treats, and sandwiches.

"This is my second home," she says. "I love being here with my customers."

– Peter Doyle

Matthew Corrin, Keynote Speaker
Founder and CEO of Freshii
Kelsey Ramsden, Keynote Speaker
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Five common pitfalls to avoid

1 POOR BUSINESS RELATIONSHIPS

Although the most important relationship is typically with customers, you must also establish and maintain solid relationships with employees and suppliers. This can be particularly true in the retail sector. Many a retailer has experienced initial success, only to fail after having a falling-out with a key supplier. And we all know the huge impact that a disgruntled employee can have on a business' reputation. Manage your business relationships carefully. Depending on the nature of your business, legal agreements might be needed to limit tax liability, for instance, or to protect potentially sensitive information.

2 FAILING TO PLAN

Remember the business plan that got you started and enabled you to borrow money? When was the last time you updated it? Business plans should be reviewed at least once a year and adjusted as need be. Your business operates in a competitive environment and it's vital that it respond to emerging trends and market shifts.

3 GROWING TOO QUICKLY

For some entrepreneurs, success is their worst enemy because it can convince them to expand before the business is ready to grow. Expanding a successful company can be a complex undertaking. A study by the American research group Startup Genome found that a leading factor in business failure is premature scaling — defined as when one or more key elements of a company, such as business model, customer, finances, product and team, grew out of sync with other elements.

4 TAX TROUBLES

While few of us enjoy paying taxes, failing to pay your business' share can quickly lead to all kinds of problems, including bankruptcy. The best way to avoid trouble is to work with an experienced accountant and pay your instalments on time. Accountants can ensure you minimize the amount due by taking full advantage of all deductions and tax credits. Some accountants can also provide advice on how to invest profits to support the long-term success of your business.

5 POOR MARKETING PLAN

To succeed, most businesses need a core of repeat customers and a steady stream of new ones. Your marketing plan should address both groups — it should connect you with regular customers and attract new ones. There are many tools available — advertisements, community sponsorships, social media, etc. The proper mix and messaging depends on the nature of your business.

– Peter Doyle

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SPORTS 4

Glass warfare: Casey shifts focus to boards

Raptors centre Jonas Valanciunas, who led the Raptors with six defensive boards per game last season, will be expected to up his rebounding numbers, as will others, if Toronto hopes to rise out of the dregs of NBA rebounding.
ELISE AMENDOLA/THE ASSOCIATED PRESS

NBA pre-season. Raptors head coach challenges club to be much better on defensive boards in upcoming campaign

With the regular season just around the corner, the Toronto Raptors still aren't exactly where head coach Dwane Casey would like them to be.

Offensively, they're a bit out of sync in terms of timing, says Casey. It's on defence, however, that there's the most cause for concern. Specifically, on the defensive boards, where last season the team finished 20th in the entire NBA.

"There's no way, as athletic as we are, that we should be 20th in the NBA in rebounding," said Casey after putting his team through their paces in practice Monday.

While insisting that rebounding is a team-wide responsibility, Casey left no doubt it's the Raptors' big men who need to step up their game the most.

"Our guards are doing a much better job of coming back in and rebounding. Now we've got to get our bigs in there going for two-hand rebounds ... and being physical on the rebounds and carving out some space," said Casey.

Going up against a towering big man shouldn't be an excuse for lack of success on the boards, Casey insisted. Proof, says Casey? One of the greatest NBA rebounders of all time.

"It has nothing to do with size. How big was Charles Barkley — 6-5, 6-6? It's all about anticipation, carving out space, wanting to. It's about all of those things added together. You don't have to have size to be a great rebounder," said Casey. TORSTAR NEWS SERVICE

Board to death

14

The Thunder racked up 14 offensive rebounds in the Raptors' 109-90 win Friday night, three of them coming from rookie Steven Adams.

NHL

Voynov banned over domestic violence suspicions

The NHL suspended Los Angeles Kings defenceman Slava Voynov indefinitely Monday after the two-time Stanley Cup winner's arrest on suspicion of domestic violence.

Voynov was booked and released at the Redondo Beach jail after his arrest early Monday morning at a Torrance hospital on suspicion of corporal injury to a spouse, Redondo Beach police Lt. Joe Hoffman said. The 24-year-old Russian defenceman posted $50,000 US bail.

Craig Renetzky, the lawyer representing Voynov, told The Associated Press that Voynov hasn't yet been charged with a crime. His next court date is Dec. 1, Renetzky said.
THE ASSOCIATED PRESS

Slava Voynov GETTY IMAGES

CHL. Major junior faces more unrest with class-action lawsuit

A class-action lawsuit launched against the Canadian Hockey League alleges its players are underpaid and seeks millions in financial compensation.

The suit claims players have been paid less than the minimum wage required by law in their regions.

It asks for $180 million in back wages, overtime and vacation pay, as well as punitive damages.

The CHL is the umbrella organization for the Western Hockey League, Ontario Hockey League and Quebec Major Junior Hockey League. It touts itself as the top development league for the NHL.

There are 60 teams in the CHL stretching from Victoria to Halifax, and includes eight teams based in the United States. More than 1,300 players ranging from age 16 to 20 play in the CHL's leagues, which comprise both privately owned and community-owned clubs.

Teams such as the Calgary Hitmen and Edmonton Oil Kings are owned by the NHL team in their respective cities.

The lawsuit is the latest labour shot across major junior hockey's bow.

An attempt to unionize major junior players stalled in 2012, but Canada's largest private sector union Unifor expressed interest in July in representing the players in the future.

A statement of claim filed last Friday in Ontario court alleges that if players want to participate in these leagues, they must sign contracts paying them a weekly fee between $35 and $125 per week with no set hourly wage, overtime, vacation or holiday pay.

The lawsuit cites OHL players as examples, saying they devote 35 to 40 hours to a team and receive $50 a week on average.
THE CANADIAN PRESS

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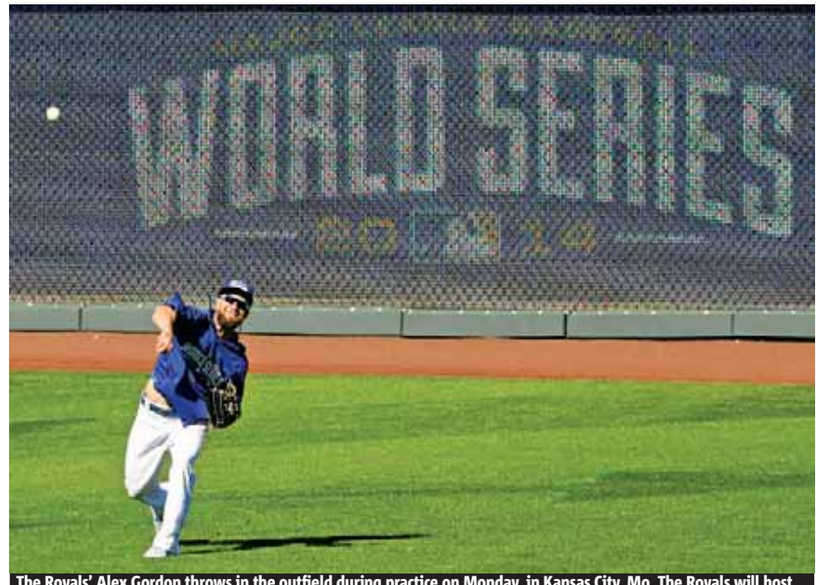
Bouchard bears beating

Canada's Eugenie Bouchard fell to Romania's Simona Halep 6-2, 6-3 in Monday's opening night of the WTA Finals in Singapore. Scan the image with your Metro News app for more coverage from Singapore. CLIVE BRUNSKILL/GETTY IMAGES

Contenders hope rest reigns over rust

World Series. Giants, Royals look to avoid same fate as past teams that struggled following long layoffs after league championship series



The Royals' Alex Gordon throws in the outfield during practice on Monday, in Kansas City, Mo. The Royals will host the Giants in Game 1 of the World Series on Tuesday night. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Alex Gordon took a big rip at a batting-practice fastball, fouled it off badly into the cage, and ducked when the carom nearly hit him in the head.

Gordon let out a huge laugh, and so did a bunch of his Kansas City Royals teammates watching Monday's workout.

"I can't believe that just happened, dude," pitcher James Shields razzed.

It'll be more frustrating than funny if those are the same awkward swings the Royals and San Francisco Giants take once the World Series begins.

Going into Game 1 on Tuesday night at Kauffman Stadium, both teams will deal with a familiar issue this deep in the post-season: Does an extended layoff translate into rest or rust?

Buster Posey and the Giants zipped through the playoffs, and now will try for their third title in five years. Lorenzo Cain and the Royals zoomed along, reaching the Series for the first time since 1985.

And then, they all got some time off. Almost an eternity, by October standards.

The Royals went 8-0 in the AL playoffs, giving them five idle days before Shields starts the opener. San Francisco went 8-2 on the NL side and had four days to relax before Madison Bumgarner pitches.

"It's definitely different because we have played so many games over the last 7-1/2, eight months. But you just understand it's one of those things," Posey said.

As recent history has shown, hitters can be very vulnerable when they get out of rhythm.

"It affects a bit with your timing, especially when trying to adjust to pitchers," Kansas City second baseman Omar Infante said. "It's hard to recover that groove you have."

The slightly favoured Giants and Royals held practices, studied video and checked out scouting reports. But as several teams that stumbled in the World Series after long breaks discovered, nothing can duplicate playing a real game.

Triple Crown winner Miguel Cabrera and Detroit got nearly a week off in 2012, then the Tigers hit a combined .159 and totalled six runs in getting swept by the Giants.

Troy Tulowitzki and the Colorado Rockies rushed into the 2007 World Series, waited a week and got outscored 29-10 in Boston's sweep.

THE ASSOCIATED PRESS

Championship rarity

The only other time both World Series participants were wild cards was 2002, when the Angels beat Barry Bonds and the Giants in seven games.

Cain raising his game

.533

Lorenzo Cain made a series of spectacular defensive plays throughout the playoffs and took home MVP honours after batting .533 with five runs in the ALCS.

Lorenzo Cain GETTY IMAGES

Past bragging rights

The Royals have won nine of their 12 interleague meetings with the Giants, including a three-game sweep at home this summer when they beat Bumgarner, Tim Hudson and Tim Lincecum, stealing seven bases in the finale.

That's plain robbery

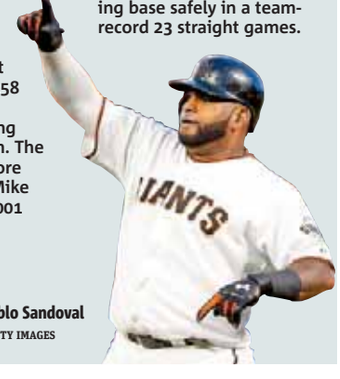
153 The Royals led the majors with 153 stolen bases during the regular season and have had 13 more in the playoffs.

Big Game Bum

Madison Bumgarner has thrown 15 scoreless innings in World Series play, winning both his starts while striking out 14 and yielding five total hits. He is also a threat at the plate, batting .258 with four homers, 15 RBIs and a .470 slugging percentage this season. The last pitcher to have more RBIs in a season was Mike Hampton with 16 in 2001 for Colorado.

Potent Panda

Pablo Sandoval has keyed San Francisco's post-season offence since 2010, reaching base safely in a team-record 23 straight games.



Pablo Sandoval GETTY IMAGES

NBA

Irving carries Cavs past Bulls in pre-season action

LeBron James was the star attraction but Kyrie Irving stole the show with 28 points to lead the Cleveland Cavaliers to a 107-98 win against the Chicago Bulls in an exhibition game Monday night at Ohio State.

Irving had 20 points in the second half. James had 18 points in 31 minutes in his first game in Columbus since rejoining the Cavaliers this summer from the Miami Heat.

Derrick Rose led Chicago with 30 points.

Chicago was without guard Jimmy Butler (thumb). His replacement in the starting lineup, Kirk Hinrich, had two points in 16 minutes.

THE ASSOCIATED PRESS

NFL

Bills star running backs both out with injuries

The one-two punch in the Buffalo Bills' offensive backfield just got knocked out.

Running back C.J. Spiller is out indefinitely — and could miss the rest of the season — after having surgery Monday to repair an injury to his collarbone. And co-starter Fred Jackson revealed during his weekly radio show on Buffalo's WGR that he could miss up to four weeks with a groin injury.

Both players were hurt about 10 minutes apart in the first half of a 17-16 win over Minnesota on Sunday

The injuries leave Buffalo (4-3) turning to backups Anthony Dixon and Bryce Brown to carry the load for the near future.

THE ASSOCIATED PRESS

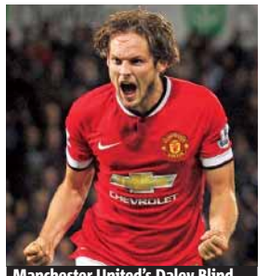
English Premier League.

Man United's Blind rescues a draw with West Brom

Manchester United came from behind twice to earn a 2-2 draw with West Bromwich Albion in the Premier League on Monday, with Daley Blind scoring the second equalizer with three minutes remaining.

Saido Berahino had given West Brom its second lead of the match in the 65th minute with his sixth goal of his breakthrough season.

United is without a win in four away matches this campaign. THE ASSOCIATED PRESS



Manchester United's Daley Blind celebrates scoring on Monday. PAUL ELLIS/AFP/GETTY IMAGES

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't try to work out the best way to tackle a difficult situation, just do what feels right now. Fate will guide you in the right direction.

♉ Taurus
April 21 - May 21
The approaching eclipse marks either a turning point or a point of no return. Which it is depends on your attitude. What goes out of your life over the next few days you really no longer need.

♊ Gemini
May 22 - June 21
You cannot escape your commitments but you can make life easier for yourself by taking a more active interest in the events of everyday life.

♋ Cancer
June 22 - July 23
Pluto in your opposite sign of Capricorn is testing how strong your friendships and relationships are. What happens this week makes clear who you can trust, and love.

♌ Leo
July 24 - Aug. 23
You know what needs to be done and you know it must be done now. So get your act together and get moving — then don't stop.

♍ Virgo
Aug. 24 - Sept. 23
You are about to embark on a highly positive phase. There is every reason to feel optimistic about the future — well, your future anyway — so cheer up.

♎ Libra
Sept. 24 - Oct. 23
You can continue to deny you have a problem but that won't make it go away. The planets urge you to face what needs to be changed in your life.

♏ Scorpio
Oct. 24 - Nov. 22
You need to put minor disagreements behind you so you can see new possibilities. Everything will change over the next few days. Will it change for the better? That depends entirely on you.

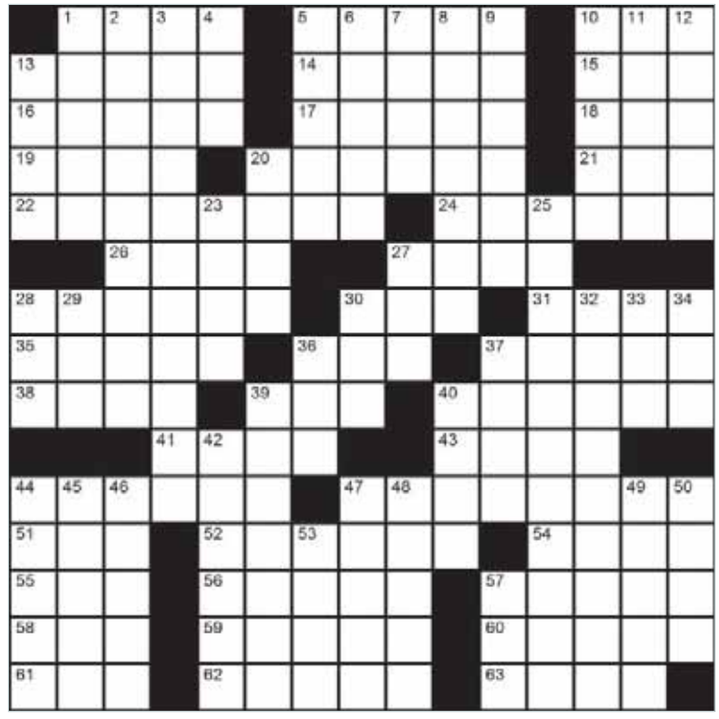
♐ Sagittarius
Nov. 23 - Dec. 21
Have allowed your mind to get stuck in a rut? The only person who can make things fresh and exciting again is you.

♑ Capricorn
Dec. 22 - Jan. 20
You have to make a decision that affects the lives of friends and family and loved ones. Think carefully before making your move — then act decisively. The universe is behind you all the way.

♒ Aquarius
Jan. 21 - Feb. 19
You don't have to start again from scratch with nothing. What you need to make your life happier is right there in front of you.

♓ Pisces
Feb. 20 - March 20
The most important thing today is that you believe in yourself 100 per cent. All things are possible, for you anyway.

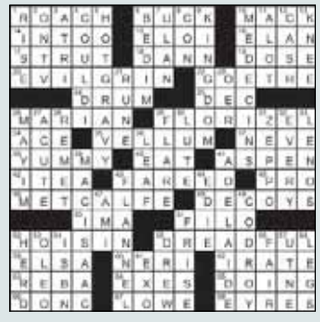
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. MLB officials
5. Wings hit: "_ __"
10. "__ Day": Hit by #24-Across
13. Don a dress for fit: 2 wds.
14. Shampooing direction
15. __ trip
16. Q. "What did you have for breakfast?" A. "_ __ of cereal."
17. __ _ Sketch
18. Toronto-born Senator Mr. Eggleton
19. Rate
20. "If this __ __ leather, I don't want it." ...said the vegan purse purchaser
21. Look
22. Bewitch
24. Canadian singer/songwriter Daniel
26. Certain cloud
27. Late comedian Richard
28. Margarine-in-a-container amount
30. Possessed
31. Recipe amt.
35. Modern English's "_ __ With You"
36. Dr. Vivienne __, retired Canadian Senator
37. Brit pop group, _ __7
38. Mackerel sort
39. "Hee __"
40. Composer George M.'s
41. Quash
43. Federal org. concerning broadcasting
44. Bob __ (Premier of the N.W.T.)
47. Comment giver
51. Everybody
52. Ms. Fanning
54. Latin hymn: "Dies __"
55. Excessively
56. Andes animal
57. New Zealand language
58. Brick foliage
59. White-plumed heron
60. __ Barkley, President Truman VP
61. Mr. Beatty
62. Guitarist's highlights
63. Secondhand

Down
1. "__ Cowboy" (1980)
2. Claire Holden Rothman book, a 2014 Governor General's Literary Awards finalist: 2 wds.
3. Celine Dion song, with The, that goes "The whispers in the morning...": 3 wds.
4. Lorne Michaels' gig
5. Street type, briefly
6. Bishop's hat
7. Without repetition
8. _-__, like Montreal's 1976 Summer Games stadium
9. SNL alum Kevin
10. Scary creature
11. Think alike
12. Adorer
13. Record
20. Global, briefly
23. Stuck in _ __
25. Salem's historic happenings: 2 wds.
27. T.O. baseballer
28. __-Tac-Toe
29. Apricot-like Japanese fruit
30. In what manner?
32. 1991 movie about a Jesuit priest in New France: 2 wds.
33. Daylight giver
34. TV network
36. Rocket launch site
37. Marsh bird
39. 2004 Viggo Mortensen horse flick
40. Shania Twain trophy, e.g.
42. Lots and lots
44. Montreal 'morning'
45. Garlic segment
46. Architect, Frank __ Wright
47. Shakespeare title guy
48. States: French
49. Dog-__
50. Harness
53. Mr. Malden
57. Egyptian __ (Cat breed)

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8				2			
2			1	4		9	5	
4		5					3	
	9	6		2				
			3		5			
				9		8	7	
	7					5		1
	5	4		7	6			3
			2				9	

Yesterday's Sudoku

3	7	8	9	1	4	2	5	6
6	4	2	5	7	8	1	9	3
5	9	1	2	6	3	8	4	7
2	3	4	8	5	7	6	1	9
1	6	9	3	4	2	5	7	8
8	5	7	6	9	1	4	3	2
9	2	3	1	8	5	7	6	4
7	1	6	4	2	9	3	8	5
4	8	5	7	3	6	9	2	1

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